



Thomas Willis M.D.



A  
Plain and Easie Method  
FOR  
Preserving [ by ~~God's~~ Blessing ]  
those that are WELL from the  
Infection of the  
**P L A G U E,**  
Or any  
Contagious Distemper,  
In  
CITY, CAMP, FLEET, &c.  
AND  
For Curing such as are Infected  
with it.

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Written in the Year 1666.

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By *Tho. Willis*, M. D. late Sidney Profef-  
sor in *Oxford*, and a Member of the  
Royal Society and Colledge of Phy-  
sicians in *London*.

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Never before Printed.

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TO THE  
READER.

*Good Reader,*

**H**AVING been hitherto very averse from Publishing any of Dr. *Willis's* Posthumous Works, because it may be presum'd that they want his last Hand to compleat them ; and for  
a that



### *The Preface.*

that Reason, giving no ear till now to any Entreaties of that kind, though never so powerful, or never so importunate: I think myself oblig'd to give the World some Account why I alter'd my mind as to this particular, and did at length suffer myself to be prevail'd with to Print the following Treatise, it being now Fifteen Years after his Death; and it is briefly this: A worthy Friend



*The Preface.*

Friend and an old Acquaintance of mine, desiring if I knew of, or could procure any choice and approv'd Receipts against the Plague, that I would furnish him with some for a Friend of his, for the preservation of whose Health he had a singular concern, and who was going in the late Embassie to *Constantinople*, where that Distemper then was, and did frequently rage: I promis'd

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## *The Preface.*

mis'd to use my utmost endeavours to supply him ; and calling to mind this short Tract, which I transcrib'd from the Doctor's Papers in the Year 1666, being then his *Amanuensis* ; I knew it would far exceed whatsoever I could elsewhere obtain, or pretend to collect upon this Subject : Whereupon I allow'd him to take a Copy of it for his Friend's use, upon condition he would not make



*The Preface.*

make it publick. But not long since a suspicious Sickness having seiz'd their Majesties Army in *Ireland*, the same Person was very much of opinion, that the Printing of it might do great service, should that Disease prove Pestilential; and urg'd such Arguments, as made me to be also of the same perswasion; especially, he having shew'd the Copy to several of the most eminent



## *The Preface.*

minent Physicians amongst us, whose opinion it was, as he assur'd me, that the Publishing of it might be of very great use, it being a charitable instruction in cases of great danger, for such as cannot procure the attendance of Physicians: I must needs own, that I could not withstand the judgment of such Persons.

The regard I have always had, and shall still have



*The Preface.*

have for the Reputation  
and Memory of my dear  
*Master*, and best *Friend*,  
will not, I presume, be  
thought to lessen, by  
my giving way upon  
these terms to this Pub-  
lication; since it is so  
earnestly desir'd, and so  
well esteem'd of: And  
the Good that is aim'd at  
by it can be no ill Apo-  
logy for

*Thy Friend and Servant,*

St. Martins-Lane,  
Sept. 1. 1690.

*J. Hemming.*







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A Plain and Easie  
M E T H O D, &c.

**I**N time of Pestilence, because a Physician cannot easily, or often, be consulted with; Therefore it behoveth all Persons, as well Poor as Rich, to be furnish'd with Remedies against that Contagious Disease; and certain Rules, or a Method how to use them: Which Method being very plain, and almost the same to all People, consists chiefly in these

B two



two Parts, *viz.* How to preserve the Whole from taking Infection; And how to cure the Sick that are infected.

Touching the First; Though the surest way is to fly from it, yet in regard this cannot be done by all, some Means should be us'd to secure [so far as it is possible] those that are forced to stay by it. Such Means of **Prevention**, either concern the Publick Magistrate, which are already sufficiently known, and commonly practis'd in all places that are infected, and it would be superfluous to repeat them here; Or else such as belong to private Persons, what ways every Man that lives in, or near an infected place, may arm himself



self against the danger of Contagion; Which should be endeavour'd, as well by purifying the Air we breathe, as also by fortifying our selves against taking the Infection at our Nostrils, Mouth, or Pores of the Body, which are the chiefest, if not the only parts the Poison creeps in at.

That the Air we breathe in may be wholesome, all Things, that may advance or add to the corruption of it, should diligently be removed; our Houses, and Streets kept clean; all Filth, and whatever may cause noisom smells, be taken away; and amongst other things, the smell of Sope-Suds, and Lye, in the washing of Clothes, be avoided; this, Experience has taught to be very



dangerous; as 'tis observed by **Diemerbroeck** and **Wander Heyden**.

Besides the suppressing of Vapours that may increase the infection of the **Air**, it is to be purg'd of that Malignity it brings with it from other infected places; and this is done by great Fires, which should be continually kept, except the Weather be too hot, and by Fumes of *Sulphur*, *Nitre*, *Frankincense*, *Pitch*, *Rosin*, *Tarr*, and the like, which every day should be burnt in the Room we most frequent, also before our Doors, and on the tops of our Houses. Of simple Medicines to be us'd for this purpose, *Brimstone* is commended for the best that is; 'Tis likely that *Vitriol*, which partakes much of



of the like acid Spirit, may be very proper; but in regard 'tis not easily combustible, make this mixture, and strew of it on Coals in a hot Chafing-dish.

*Take green Vitriol calcin'd, Saltpeter, and Sulphur, of each a pound, beat them well together, and keep it for use.*

*In close Rooms, and in hot Weather, Vinegar with Rue, or Wormwood, chopt small, and evaporated in a perfuming Pot; or else Pestilential-Vinegar [as we shall describe] thrown on a hot Brick. Or*



*take Myrrh, Galbanum, Am  
moniac, of each half an  
Ounce; boyl these in a Quart,  
or three Pints of White-  
Wine Vinegar, 'till they  
are all dissolv'd; put half a  
spoonful of this at a time  
on a hot Brick.*

Some commend Slakeing of  
*Lime*, supposing the fume that  
ariseth from it, may purifie the  
Air: 'Tis possible, if this be done  
with *Vinegar*, either simple, or  
impregnated with *Alexipharmacal*  
Medicines, it may be more ef-  
fectual.

Next to the Cure of the **Air**,  
to render that as wholesom as  
we can; we must arm our selves  
against taking in that Malignity,  
which [notwithstanding all means  
of



of purifying it] shall still remain mixt with it. Now because the Spirits are commonly the first that receive Infection; We must fortifie them, that they may not easily admit the approaches of their Enemy, which when they are in full vigour and expansion, they will repel, and as it were keep off at a distance; Therefore **Valine** and **Confidence** are a good **Preservative** against the **Plague**: But when the Spirits, through fear, or want of supply, do recede, and are forc'd to give back, the Enemy enters, and first seizeth them, and thence gets into the Blood and Humors; Therefore much **Fasting** and **Emptiness** are bad: But every one should Eat and Drink at convenient Hours, in such manner



manner and measure, as may always keep the Spirits lively and chearful, and endeavour to compose his Mind and Affection against fear and sadness.

But besides keeping the Spirits in a good height, and more especially when that cannot be done, as in Persons that are naturally fearful, and of a tender Constitution, the Spirits should constantly, as it were, be kept arm'd with such Remedies as resist the Poyson; that is, the use of proper Antidotes against the **Plague**.

I shall set down some **Preservatives** to be taken of every Morning, and again at Night, by those that live in infected places.

*Take*



*Take of Conserve of Wood-  
 Sorrel four Ounces;  
 Confectio Liberans,  
 and Mithridate, of  
 each half an Ounce;  
 Salt of Wormwood  
 two Drams; Confection  
 of Hyacinth one Dram;  
 Tormentil Roots, and  
 fine Bole, of each half  
 a Dram; Pestilential  
 Vinegar half an Ounce;  
 mix all with Syrup of  
 Citron; Take as much  
 as a Nutmeg, Night  
 and Morning.*

For



For the Poorer Sort, that Medicine of the Ancients, may be proper, *viz.*

*Take of Rue. two handfuls, Figs and Walnut-Kernels, of each twenty four, common Salt half an Ounce ; Which beat all together in a Mortar, till it be well mix'd ; Take of it as much as a Nutmeg every Morning and Night.*

This Medicine may be several ways advanc'd, by adding some *Alexipharmacal* Remedies to it, as by putting Salt of *Wormwood*, instead



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instead of common Salt, and by adding an Ounce of *Venice Treacle*, to the whole Composition.

For those that cannot take an *Electuary*, these *Tablets* may be proper to eat, about one Dram at a time, two or three times a day.

*Take of the Roots of Virginian-Snakeweed, Zedoary, Contrayerva, Species Liberans, of each two Drams; Camphire two Drams; mix all finely powder'd, then dissolve eight Ounces of fine*



*fine Sugar in Pestilential Vinegar; Boyl it Candy high, and adding the Pouder to it, make all into Lozenges.*

For some that are of a hotter Constitution, and a high Sanguine Temper, it may be proper to take every Morning a spoonful of Pestilential *Vinegar* in a little *Carduus* water, or plain *Wallnut* water; or else drink a draught of *Posset-Drink*, made with a Spoonful of that *Vinegar*.

Let the **Pestilential Vinegar** be made thus.

*Take*



*Take of the Roots of An-  
gelica, Butter-Burr,  
Tormentil, Elecam-  
pane, of each half an Ounce,  
Virginian -- Snake-  
Weed, choice Zedoa-  
ry, Contrayerva, of  
each three Drams ;  
Leaves of Scordium,  
Rue, Goats-Rue, of  
each one handful ; Mari-  
gold Flowers, Clove-  
gilloflowers, of each  
half a handful ; Seeds  
of Citron and Cardu-  
us, of each two Drams ;  
Cut and bruise these, and  
put*



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*put them in a Glass-Bottle, with three Pints of the best Vinegar, to digest for ten days.*

When the Stomach, by frequent taking of one sort of **Antidote**, begins to loath it: In such Cases the use of it may be changed into some other: And if the Stomach withal should be ill, and defective, in Appetite and Digestion; let the Party take every Morning, ten or twelve Drops of **Elixir Proprietatis**, in plain *Wormwood Water*, or else in *Wormwood Wine*.

Those that have Coughs, and ill Lungs, may take five or six Drops of **Balsum of Sulphur**, made thus.

*Take*



• Take Flower of Sulphur,  
two Ounces, melt it in an  
Earthen Dish glaz'd on  
the fire, then put to it  
two Ounces of Salt of  
Wormwood; stir it  
for a Quarter of an Hour,  
taking care that it does  
not catch fire; Then put  
into it of Aloes, Myrrh,  
Olibanum, finely pou-  
der'd, of each one Dram,  
of Saffron half a Dram;  
Keep this stirring half a  
Quarter of an Hour;  
Take it off, and put half  
an Ounce of it powder'd,  
to



[ 16 ]

to digest in five or six  
Ounces of good Spirit  
of Wine ; It will take  
in a short time a very  
excellent Tincture. Which  
keep for use.

Or else this Balsam may be  
made with *Spiritus Theriacalis*  
*Camphoratus*, and so will be  
more effectual against the Plague,  
Or which is more applicable to  
use,

Put an Ounce of that Pou-  
der newly made, into a  
pretty large Glass, and  
put to it a Quart of  
good



*good Sack; Set it in a gentle heat, for three or four Hours, it will take a Tincture: And of this one may take half a Spoonful at a time: And I suppose two Spoonfuls in a convenient Vehicle, may be a good Sudorifick to be given one that is infected.*

Though Purging in time of Pestilence is not good, as **Diemerbroeck** by frequent Examples has observ'd, yet in *Cachochymick* Bodies, it may be convenient once in a fortnight, to take a Dose of *Pillulæ Ruffi*; Take  
C
half



half a Dram at Night, and next Morning take the wonted Antidote, as at other times.

Also for those that live in an infected Air, that there is suspicion that they may daily take in some pestiferous Vapours, which fermenting with the Blood and Humours, may insensibly at last break out in the **Plague**; it may not be amiss, once or twice a week, to take pretty large **Sweats** in their Beds: And this to be done, especially if the Party has had any occasion whereby he may suspect himself to have been more open to infection, or that he has taken any: After such Sweat, he should keep his Chamber the forepart of the day, till the Pores are reduc'd to be as they were before.



To provoke such a Sweat:  
 Take of Venice Treacle, one Dram; dissolve  
 it in three Ounces of  
 Carduus Water, add  
 a Spoonful of Syrup  
 of Pestilential Vinegar;  
 Or take a Draught of  
 Posset-Drink, made with  
 Pestilential Vinegar;  
 In which boyl a few Pe-  
 tafitis Roots: To pro-  
 mote and continue the  
 Sweat, take Posset-Drink  
 with Meadow-Sweet,  
 or else with Carduus,  
 or Marigold-Flowers  
 boyl'd in it.

C 2

Besides



Besides the daily and constant use of such *Alexipharmaca* Remedies, there are other Means, which occasionally and sometimes continually should be taken. For in regard we always draw in the Air at our Nostrils and Mouth, these parts should be well guarded with some Antidotes, that may keep out the poysonous Vapours from entering in, and especially as often as upon occasion we are more nearly expos'd to danger of Infection. To this end, some things to smell to, others to be held in the Mouth, chew'd, and swallow'd down, are frequently to be insisted on.

That which seems at once to fulfil most of these intentions, is taking of Tobacco in a Pipe ; the Smoke of this secures those parts which  
lye



lye openest, and at once intercepts the Contagion from the Brain, Lungs, and Stomach: Nay more than this, it stirs the Blood and Spirits all the Body over, and makes them shake off any poysonous Matter that adher'd to them: Infomuch that **Diemerbroeck** accounts it not only a Preservative, but tells us, that himself, when he was several times infected, by taking five or six Pipes of Tobacco together was presently cur'd. And amongst us in *England* 'tis reported, That in the last great Plague, no Tobacco-Shop was infected: If 'tis not of so great virtue still amongst us, the reason is, because most Men have been accustomed to take it so excessively; wherefore it is grown so familiar to them, that it produceth no alteration



teration when it should be us'd as an Antidote.

Besides the frequent use of Tobacco, which doubtless in time of Plague may be profitable for them that can take it; others, and also Tobacco-nists, at some times should be furnished with something to smell to when they pass through infected Places. *Wormwood* and *Rue*, *Galbanum*, *Castor* and *Vinegar* are good: The vulgar practice of putting *Mithridate*, or *Treacle*, or *Tar* in their Nostrils, may be very useful; or to have a *Pomander* to carry in ones hand, or put into the top of a Staff.

*Take of the Roots of Contrayerva and Virginian-Snake-weed powder'd,*



*der'd, of each Two Drams;  
of the best Myrrh powder'd,  
half an Ounce; of Camphire  
half a Dram. Let it be made a Powder.*

Part of this may be enclos'd in a fine Silk Bag, and oftentimes dip it in *Pestilential Vinegar*, and so smell to it. To the other part of this, add *Oyl of Nutmegs* by Expression, and *Oyl of Cap-ivy*, of each a Dram, or as much as will make it into a Mass; also add of *Balsam of Peru* one Scruple. Dip Cotton Wool in *Elixir Proprietatis*, inclose it in fine Silk, and put it in the head of a Staff, or Civet Box, to smell to.

For Medicines to hold in the Mouth, and chew on, Roots of  
C 4                      Zedoary,



*Zedoary*, *Contrayerva*, and *Snake-weed* are very good ; also Roots of *Enulacampane*, *Angelica*, and *Masterwort* ; these either alone, or macerated in *Vinegar*, and dried again. *Myrrh* is very excellent : Some commend *Tobacco*, and chew it almost continually.

These are the chiefest Remedies which help to keep Infection out of the Body. There is yet another sort which serves to let it out, and carry it away, before it grows to a head, *viz.* *Issues*, which have been found by often experience to be good Preservatives in time of Plague : For as much as Nature having a constant vent for excrementitious matter thrown off the Blood, by the same way expels poysonous Atoms soon after they are receiv'd into the Body.

Con-



Concerning Rules of Diet I need not say much, because such Precepts are commonly known: 'Tis to be observ'd in general, that only wholesome Food should be taken: Very salt Meats, as hang'd Beef, Bacon, Pork, salt Fish, also shell-Fish, most kind of Herbage and raw Fruit should be avoided. The Meals should be moderate, and eaten in due season. Some Antidotal Things may be taken with the Meat, or mix'd in the Sauce; *Clove Gilloflowers* pickled, also *Citron Peel* and Juice, *Rasberries*, *Currants*, *Pomegranate Juices*, *Pestilential Vinegar*, and *Mustard*, made with the Seeds of *Thlaspi*, may be of some good effect.

These kind of Remedies, and manner of living, ought chiefly to be insisted on as Preservatives  
against



against the Plague. Those that are timorous and of tender Constitutions require a support from the use of more means ; whereas Persons that are strong, and of a bold temper, have need of the less Remedies. But 'tis not safe for any to be so confident as to dare to converse with infected People, or live in the midst of Contagion without any Antidote at all.

In the use of means, caution is to be had, that strong and hot Cordials be not too often taken, nor yet indifferently by all People ; for that will inflame the Blood, and make it apt to kindle a Fever, which at such times soon turns to the Plague.

The like caution is to be had against immoderate drinking of Wine ; though a moderate proportion



portion cheers and fortifies the Spirits, yet too much greatly disorders them, and thereby People are more expos'd to take Infection.

Letting of Blood in time of Plague has been observ'd to be very pernicious; so also oft or strong Purging; for the Veins being emptied either way, will readily suck in whatever poysonous Atoms lurk in the outward Pores of the Body, which being admitted, become the more prevalent, because the Spirits being depauperated, are less able to subdue or repel them.

Thus much of the way of Preservation: Next we are to treat of the Cure of those that are infected.

The Cure of the Plague admits of no Delay; neither indeed



deed is there need of any deliberation what ought to be done; but as soon as any one finds himself infected, let him forthwith take to his Bed, and having pray'd to Almighty God for his Blessing, begin to use the Means.

If the Party is much oppress'd at his Stomach, and strains to vomit, or else with vomiting throws up bitter and stinking Matter; let him presently take a large draught of *Carduus*, or *Camomile* Posset-Drink, and in it either half a Dram of Salt of *Vitriol*, or two Ounces of Liquor of *Squills*, and with his finger or a Feather, fetch up what is contain'd in his Stomach; but take no Antimonial Medicine, that will work beyond the Stomach.

As



As soon as he has vomited, [or if there is no occasion for this Evacuation] let him presently be put into a Sweat, and continue for twelve hours, more or less, according as his strength will hold out, and not sleep in it, or not till the latter end of it.

If when he begins to Sweat, or endeavours it, his Vomiting still persists, then apply to the pit of the Stomach a Toast of White-Bread, spread over with *Treacle* or *Mithridate*, and dipt in *Claret-Wine* or *Pestilential Vinegar*, made Scalding hot in a Peuter Dish; Wrap this in fine Linnen, and apply it very hot.

After a plentiful Sweat for twelve, fourteen, or eighteen hours, give him some Refectives,  
as



as Broth, Caudle, Mace-drink, or the like ; and a little while after suffer him to sleep if he can. Then give him temperate Cordials by way of Confection or Julep, or both ; which repeat every third or fourth hour : Also at the time that the Party settles to sleep, lay *Vesicatory* Plaisters behind the Ears, and under the Arm-pits, and also in the Groin.

After he has slept, or endeavour'd it, and his Spirits are pretty well refresh'd, at a moderate distance from the first sweating, viz. Eighteen, or Four and Twenty hours, sooner or later, according as Symptoms are more or less urgent, and his strength is able, repeat the Sweating again ; and so proceed through the whole Cure ; one while Sweating, and another



another while refreshing his Spirits by temperate Cordials and Sleep; betwixt whiles administering fit Nourishment, until such time as the Symptoms are abated wholly, and either the Disease terminated, or else the Malignity is driven all out in Boils or Carbuncles; which how they must be order'd, shall be set down.

Though the same kind of Sudorificks may be given indifferently to most People, yet because there is variety of such Medicines, in respect both of the Matter and Form of them, therefore some choice may be had in the administration of them, that so we may comply with the Patient's taking them best in this or that kind of Form; and also



so that those that are hotter be given to Persons of a cold Temper, and those Medicines which are more temperate to such whose Constitutions are hot: I shall set down several Forms of Sweating Medicines, which are given either in **Potion**, **Bolus**, or **Powder**.

### **Potions.**

*Take of Small Plague Water, Two Ounces; Pestilential Vinegar, half an Ounce; of Venice Treacle, one Dram; mingle them.*

*Take*



*Take of Compound Scordi-  
um Water two Ounces;  
Treacle-Water half an  
Ounce, Venice Treacle  
one Dram, Salt of  
Wormwood one Scruple,  
Spirit of Vitriol  
Six Drops: Mingle  
them.*

*Take of Butter Burr-  
Water three Ounces,  
Venice Treacle, Di-  
ascordium, of each one  
Dram, Pestilential Vine-  
gar one Spoonful: Mix  
them.*

D

*Take*



*Take of Carduus Water  
Four Ounces, Pestilential  
Vinegar One Ounce,  
Pestilential Extract One  
Scruple: Mix them.*

*Or make some Posset-  
Drink with Pestilential  
Vinegar; in a Draught  
of it dissolve one Dram,  
or a Dram and a half, of  
any of these Confections,  
adding one Scruple of  
Salt of Wormwood.*

*In a Spoonful or two of  
Treacle-*



Treacle - Water, *or*  
 Vinegar, *or both mix'd*;  
*give fifteen or twenty*  
 Drops of Spirit of  
 Harts-horn, *or of the*  
*simple Mixture from half*  
*a Dram to a Dram*;  
*or of Balsam of Sul-*  
*phur, from ten to twenty*  
*Drops, or fifteen Drops*  
*of Elixir Proprietatis.*

For the Poorer sort, make  
*Posset-Drink* with Pestilential Vine-  
 gar, and boyl in it some Butter-  
 Roots, and give a Draught hot.

Or make this Potion which  
**Henricus a Bra** magnifies a-  
 bove all other Remedies, from



the Experience of it in a great Plague once raging in his Country.

*Take Celandine and Rue, of each one handful, Marigold Flowers half a handful; boyl these in a Quart of White-Wine Vinegar; strain it out, and keep it in a Glass Bottle; give two or three Spoonfuls; in which dissolve of Venice Treacle, or Mithridate, one Dram. This will provoke Sweat very powerfully.*

Some



Some others commend a Decoction of *Guaiaicum*, to provoke Sweat with it, as in the cure of the *French Pox*.

A plain Decoction of *Rue* in *White Wine*, with a little *Vinegar* added to it, is highly commended by others.

Seeds of *Rue* powder'd, and one Dram of it mix'd with half a Dram of *Treacle*, dissolv'd with *White-Wine*, is accounted an excellent Sudorifick.

Sudorifick Medicines may be given in **Powder** thus.

*Take of VirginianSnake-  
weed, Contrayerva,*

*D 3                      and*



*and Galcoigne Pouder,  
or Lady Kent's Pouder,  
of each one Scruple ; give  
it in two Spoonfuls of  
Posset Drink, or of a  
Cordial Julep, or in Sy-  
rup of Gilloflowers.*

*Take Pouder of prepar'd  
Toad one Dram, Pou-  
der of Hyacinth half a  
Dram : Mingle them.*

*Take of Bezoartica Mi-  
neralis half an Ounce,  
of Species Liberans  
two Scruples, Camphire  
eight*



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*eight Grains : Mingle  
them.*

*Take of the Flower of  
Sal Armoniac half a  
Scruple, of Cerusse of  
Antimony one Scruple,  
of Bole Armenick  
one Scruple : Mingle  
them.*

Give any of these in a Spoon-  
ful or two of any Liquor, or  
in a Spoonful of Sack, with as  
much Pestilential Vinegar; half  
an hour after, drink a draught  
of Posset-Drink with Medesweet,  
or Woodsorrel boyl'd in it.

D 4

Take



*Take of the Pouder of Ivy  
Berries one Dram ; give  
it in a draught of warm  
White-Wine, with a  
Spoonful of Pestilential  
Vinegar.*

*Take Pouder of the  
Roots of Carline  
Thistle ; Give it in the  
same manner.*

*Likewise Pouder of But-  
ter Burr Root, given in  
the same manner, provok-  
eth Sweat powerfully, and  
expelleth*



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*expelleth the Poyson of the  
Plague.*

*Take of Zedoary Root  
that is gummy and  
sound, one Ounce, Sugar  
Candy one Ounce and  
an half, Camphire half  
an Ounce ; mix all in a  
fine Powder : The Dose  
is one Dram in some  
distill'd Water.*

*If the Patient can best take  
his Medicine in a **Bolus**.*

*Take of Venice Treacle  
one Dram, Tormentile  
Roots, Bole prepar'd,  
of*



*of each one Scruple, Sy-  
rup of Gilloflowers  
as much as sufficeth.*

*Take Diafscordium Con-  
fectio Liberans, of  
each half a Dram, or  
two Scruples, Salt of  
Wormwood one Scru-  
ple, Conserve of Roses  
vitriolated half a Dram,  
Syrup of Gillo-  
flowers as much as is  
sufficient.*

*Take of Conserve of  
Roses half a Dram,  
Balsam of Sulphur,  
fifteen*



*fifteen Drops; mix them.*  
 Take Posset Drink  
 half an hour, or an  
 hour after any of  
 these.

When many People are sick,  
 and there is not leisure to com-  
 pound every Dose of these Medi-  
 cines severally, there should be  
 a large mixture of each kind made  
 up together, which may imme-  
 diately, and without trouble be  
 distributed into Doses.

*For Sweating Potions thus.*

Take a Quart of Small  
 Plague Water, of Com-  
 pound Water of Scor-  
 dium



dium and Pestilential Vinegar, of each a Quarter of a Pint, of Syrup of Gilloflowers two Ounces, Venice Treacle one Ounce, of Diafcoridium and Confectio Liberans, of each half an Ounce, Pestilential Extract, Salt of Wormwood, of each two Drams; put all together in a large Glass, shake them well together, and after it has stood Four and Twenty Hours, make



[ 45 ]

*make use of it: Pour out  
three Ounces of the clear,  
and two Ounces of it  
turbid or shaken just  
before: This may serve  
for fourteen or six-  
teen days.*

*Mix a Powder thus.*

*Take of the Powder of Con-  
fectio Liberans, one  
Ounce, Roots of Con-  
trayerva, Virginian-  
Snakeweed, Tor-  
mentile, Bole pre-  
par'd, of each two Drams,  
of the Claws of Crabs  
pouder'd*



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*pouder'd, half an Ounce, mix  
all very well. The Dose  
is from one Dram to  
one Dram and a half,  
or two Drams.*

*Or take of the Pouders of  
Prepar'd Toad one Ounce,  
and of Confectio Li-  
berans half an Ounce, mix  
them. The Dose is  
from one Dram to  
one Dram and a half.*

For an *Electuary* to be distri-  
buted into several Doses, that of  
**Hermannus Wander Heyden** is  
a very good one, and as he as-  
serts,



fers, approved by frequent Experience.

*Take of* Diafcordium *one*  
*Ounce and a half, of*  
*Venice Treacle two*  
*Drams, of Confectio*  
*Hyacinthi one Dram,*  
*Pouder of Nutmegs,*  
*Rue Seeds, Root of*  
*Angelica, Enulacam-*  
*pane, of each one Dram*  
*and a half, Wine Vine-*  
*gar (or rather Pesti-*  
*lential Vinegar) one*  
*Ounce, Oyl of Sulphur*  
*fifteen drops, Syrup of*  
*Juice of Citron as*  
*much*



*much as sufficeth : make up  
all together. The Dose  
is from one Dram and  
a half to two Drams.*

*Or take of Conserve of  
Wood Sorrel, half a  
Pound, of Mithridate  
four Ounces. The Dose  
is two Drams.*

In time of Sweating, give the  
Patient Posset Drink made with  
Pestilential *Vinegar*; boyl in the  
Milk *Scordium* or *Marigold* Flowers;  
if he is very dry, boyl *Medesweet*,  
or *Wood Sorrel*; if he is ill at Sto-  
mach, and apt to vomit or faint,  
give *Claret Wine* burnt with *Cin-  
namon*



*namon* and *Zedoary* Root, and *Mint* Water mix'd with it: Or else give him *Beer* boyl'd with a Crust of *Bread* and *Mace*, and sweetn'd with *Sugar*. Besides, to the richer sort give now and then a draught of a *Cordial Julep*, and sometimes a Dose of a *Cordial E-lectuary*; which kind of Medicines should be given likewise after Sweating is over, once in three or four hours, of one or other, to refresh the Spirits, and to keep the Malignity from the Heart. Give him no cold *Beer* in two or three days. After Sweating wash the Mouth with *White-wine Vinegar* and *Rose Water*: Also dip a Sponge in the same warm, and gently stroke the Temples of the Head, and Nostrils with the same.

E

Between



Between whiles give of the Medicines following.

*Take Woodforrel Water, and Dragon-Water, of each Four Ounces; Scordium Water, two Ounces; Treacle Water (or Plague Water) one Ounce and a half; Syrup of Gilloflowers (or of Juice of Citrons) two Ounces; Pearle finely powder'd one Scruple; Spirit of Vitriol twelve Drops: Mix them.*

*Or*



*Or make a Decoction thus.*

*Take of Harts-Horn  
rasp'd, and Ivory, of each  
three Drams; a Pear  
main sliced, Wood-  
sorrel half an handful:  
Boyl these in three Pints  
of Water, till a third  
part is wasted; Strain  
it on two Ounces of Con-  
serve of Gilloflowers,  
or Woodsorrel, or  
Red Roses: Let it  
infuse an hour: then stir it,  
and strain it out: Give a  
Quarter of a Pint warm.*

*Whereas we give Emulsions  
E 2 made*



made with such a Decoction and  
*Almonds*, and cold Seeds in Fevers,  
**Diemerbroeck** affirms, upon his  
 frequent Observation, *Emulsions*  
 never do well in the Plague.

*Take of the Conserve*  
*of Woodforrel four*  
*ounces, of the Rob of*  
*Goosberries or Ras-*  
*berries two Ounces,*  
*Species Diarrhodon*  
*Abbatis two Drams,*  
*Confectionis Libe-*  
*rantis one Dram and a*  
*half, of Prepar'd Pearl*  
*half a Dram, Red Co-*  
*ral prepar'd one Dram,*  
*with a sufficient quantity*  
*of*



of Syrup of Juice of  
Citron : Let it be  
made an Opiate :  
The Dose is one  
or two Drams often  
in a day.

Sometimes the Plague is accom-  
panied with dangerous Symptoms,  
to which if Remedies are not sud-  
denly applied, all we do besides  
is to little purpose. Such Acci-  
dents, which call for respective  
ways of Cure, are chiefly *Fluxes*  
of *Blood*, and *Loosness of the Belly*,  
and *Vomiting*.

The first u<sup>e</sup> to happen seve-  
ral ways, viz. at the Nose and  
Mouth, by Stool or Urine, by  
the *Hæmorrhoids*, and in Women  
by Menstrual Purgations: Some



of which, as by Urine always, and oft times by Stool, are mortal; none of them ever tend to good. Therefore in all such cases, Remedies must be administred which may stop Bleeding: And though Sweating and Refection of the Spirits be still the principal intention of Cure; yet the other must come in as collateral with both of them; and Medicines that restrain Fluxes of Blood be mixed both with Sudorificks and other Cordials, and also be administred with Diet too.

In all *Hæmorrhages* Sudorificks must be compounded of Medicines that are temperate, and not astringent.

For



For ~~Potions~~ they be made thus

*Take Pimpernel Water,  
or Tormentil Water  
two Ounces, of Scordi-  
um Water six Drams,  
of Vinegar that has  
Tormentil Roots in-  
fus'd in it, two Drams,  
Confection of Hya-  
cinth one Dram, of pre-  
par'd Bole half a Dram,  
Extract of Tormen-  
til one Scruple, of Sy-  
rup of Coral three  
Drams.*

E 4

Or



*Or make Posset Drink  
with Tormentil Vine-  
gar, boyl in it a Root  
of Tormentil and  
Bistort; in one draught  
of it dissolve of Venice  
Treacle two Scruples,  
Confection of Hya-  
cinth, prepar'd Bole,  
of each one Scruple.*

Make this *Apozeme*, and give  
two or three Ounces three or four  
times in a day.

*Take of Tormentil Roots  
half an Ounce, Bistort  
three Drams, Red San-  
ders*



ders *one Dram, of*  
 Pomegranate Peel *one*  
*Dram, St. Johns Wort,*  
*Plantane and Burnet,*  
*of each half a bandful;*  
 Flowers of Roses,  
 and Pomegranates,  
*of each one Dram and a*  
*half; of Plantane Seeds*  
*one Dram: Boyl these in*  
*three Pints of Water till*  
*a Pint is wasted; strain*  
*it, and add to it of Sy-*  
 rup of Coral *two*  
*Ounces, Confection of*  
 Hyacinth *two Drams:*  
 Mingle them.

**Pouders**



**Pouder**s may be compounded thus.

*Take of Confectio Liberans, or Confection of Hyacinth half a Dram; Tormentil Roots, Fine Bole, of each one Scruple; Pearl and Coral prepar'd, of each half a Scruple: Give it in a Spoonful of Syrup of Coral, with a Spoonful of Tormentil Vinegar.*

Make



Make a **Bolus** thus.

*Take* Confection of Hyacinth and Venice Treacle, *of each half a Dram*; Tormential Roots *and* prepar'd Bole, *of each one Scruple*; of Extract of Tormential *half a Scruple*, of prepar'd Pearl *six Grains*, of Syrup of Coral *as much as is sufficient*.

For **Juleps** and **Confections**, to give in, and betwixt  
Sweating,



( 60 )

*Sweating,* they be compounded  
thus.

*Take of Medesweet Wa-  
ter eight Ounces, small  
Plague Water, Scordi-  
um Compound Wa-  
ter, of each three Ounces;  
of Syrup of Coral  
two Ounces, Confecti-  
on of Hyacinth two  
Drams, of Tormentil  
Vinegar half an Ounce;  
Mix them: Give four  
or five Spoonfuls e-  
very third hour.*

*Or take of Conserve of  
Red*



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Red Roses *four Ounces*,  
of prepar'd Coral *two*  
*Drams*, of prepar'd  
Pearl *half a Dram*,  
Confection of Hya-  
cinth and Alkermes,  
of *each one Dram*, of  
Tormetil Vinegar  
*half an Ounce*; or as much  
as is sufficient: Make it  
up into an Electuary:  
Give once in three  
or four hours as  
much as a Nutmeg.

These kinds of Remedies, which  
are proper in *Hæmorrhages*, are  
also to be used in *Fluxes* of the  
Belly; likewise by Women with  
Child,



Child, because other more hot Medicines may provoke an Abortion.

Make **Tormentil Vinegar** thus.

*Take Roots of Tormentil, Bistort dried and sliced, of each an Ounce, Cinnamon half an Ounce, Red Sanders one Dram : Bruise all very well, and put to it a Quart of White-Wine Vinegar ; digest it in a common Furnace for four days : At the same time take Red and White Coral finely powder'd,*



[ 63 ]

pouder'd, of each half  
an Ounce; Dragons  
Blood, Blood-Stone,  
of each one Dram; Fine  
Bole, two Drams: Di-  
gest these in the same  
manner with a Quart of  
Vinegar: Then strain  
out both the Li-  
quors, and mix them.

Let **Extract** of **Tormentil**  
Roots be made thus.

Take Tormentil and Bi-  
stort-Roots, of each one  
Ounce; of Cinnamon  
half an Ounce, of Red  
Sanders



Sanders *two Drams*,  
Salt of Wormwood  
*half an Ounce*; bruise  
*all together*, adding of  
Tormentil Vinegar  
*two Ounces*; put it in  
*a Vessel to digest with*  
*three Pints of Mede-*  
*sweet Water*: Strain  
*it, and evaporate it with*  
*a gentle heat in Balneo*  
*Mariæ to the Consisten-*  
*cy of Honey.*

In the Cure of the Plague, if  
a course of Sweating, timely ad-  
ministred, do plentifully succeed,  
and withal other private Excre-  
tions be either prevented or pre-  
sently



sently suppress, the Patient may be judg'd to be in a hopeful condition ; and sometimes the Venom is quite expell'd, without any other accident : But for the most part, because the Poyson, by fermenting the Blood and Humours, is soon greatly encreas'd ; so that all of it, especially the grosser Particles, cannot easily evaporate, it settles in the outward Parts, and there causeth the swelling and breaking out of divers kinds : Those that require any application of Remedies, are **Boils** and **Carbuncles**.

The first of these commonly happen in Parts that are very Glandulous ; as behind the Ears, under the Armpits, and in the

F                      Groin :



Groin : They arise with a hard Swelling, which ought to suppurate and break, and the Corruption to be drawn all out, by the running of the Sore for some time : These Tumors call'd **Bubos**, should be ordered thus.

If a Blister is not rais'd on, or near the place already, 'tis good to apply a *Vesicatory* Plaster just below it, but on the Tumor it self to apply some drawing Medicine, to attract the Venom outward ; as at first, the Fundament of some living Fowl, or else a *Colewort-Leaf* dipt in scalding Water, and dried again, and smear'd over with *Oyl of Lillies* or *Scorpions*. To ripen the Sore, lay on Pultises or Plasters ; or rather first Pultises, and then



then Plaisters, when it tends to  
suppuration; which should be re-  
new'd every twelve hours at least.

For **Multises.**

*Take an Onion and  
White Lilly Roots,  
boyl them, or else wrap  
them in a wet Paper,  
and roast them in the  
Embers, afterward stamp  
both together, adding a  
little Treacle, and Oyl  
of Lillies as much as  
is sufficient: Or else roast  
a Fig with either or  
both these above-nam'd,*

F 2

*and*



*and make a Pultis in the same manner : Or else with either, or all above-named Remedies, add an handful of Scabious or Sorrel wash'd; and after beat all into a Pultis.*

*Take Pimpernel roasted on the Embers, mollifie it with Oyl of Scorpions, adding a little Pouder of Myrrh and Venice Treacle, and lay it to the Sore.*

*Some*



*Some do commend live  
Frogs to be applyed,  
and renew'd as oft as they  
die.*

*For a Plaister to break the  
Sore when it is o-  
pen'd, Diachylon with  
Gums; or else those two  
Emplaisters, viz. Em-  
plastrum Paracelsi,  
and de Fuligine, men-  
tion'd by **Diemerbroek**,  
pag. 213. **Paracelsus** his  
Plaister is there thus  
order'd to be made.*

F 3

*Take*



*Take of Gum Oppopanax two Ounces, Seraphin or Sagapen four Ounces, Bdellium three Ounces, Galbanum one Ounce, Olibanum two Drams; let them be dissolved in Vinegar, and strain'd, and adding the Pouder of a dried Toad and Frog, of Natural Brimstone one Ounce, of Camphire one Dram: Let it be made a Plaister to be*



[ 71 ]

be put upon the  
Tumor, and renew-  
ed every fix hours.

**Emplastrum de Fuligine,**  
or **Plaster of Soot**, is thus  
made.

*Take of Chimney Soot*  
*ten Drams, Leaven,*  
*Turpentine, Butter,*  
*of each one Ounce, Ve-*  
*nice Sope one Ounce*  
*and a half, of Honey*  
*of Roses six Drams,*  
*Common Salt half*  
*an Ounce, the Whites*  
*of two Eggs, Trea-*  
F 4 cle



cle and Mithridate,  
*of each two Drams :*  
 Let them be mixed.  
*For the Poorer sort,*  
 Shoemakers Wax is  
*as good as any.*

If when the Tumor is ripen'd,  
 it do not soon break of it self,  
 it is best to open it by Incision;  
 and when it is broken, put in a  
 Pledget dipp'd in *Turpentine*  
 mix'd with the *Yolk of an Egg*;  
 or dress it with *Basilicon* alone,  
 or the Liniment of *Arceus*.

A **Carbuncle**, which is the  
 other kind of Plague-Sore, which  
 requires the operation of the  
 hand, happens but seldom in  
 any of the Emunctories [and  
 when



when it does it portends ill ] but useth to be in most places else: It ariseth with angry *Pustules*, sometimes one, sometimes many; which soon grow discolour'd, and tend to Mortification, and the substance mortified must be cast out, and then the hollow Ulcer which remains must be healed.

When a *Carbuncle* first appears, **Diemerbroeck** commend's to be applied to it for the first and second day, a *Red Colewort Leaf*, smear'd over with *Rape Oyl*: The same Author mentions a *Pultis* which he us'd for the most part, renewing it three or four times in four and twenty hours, till the Core was taken out; and then Digestive Medicines, and others succeed-



ſucceedingly are to be uſ'd, as in  
other *Ulcers*.

*Take Scabious and De-  
vils Bit, of each two  
or three handfals, ſtamp  
them, and then beat them  
with the Yolks of  
two Eggs, and a little  
Salt; lay it to the  
Carbuncle warm, re-  
newing it three times in  
a day at leaſt.*

